

Results day has finally arrived, and it is normal to want the very best for your child's future and for children to want to move on to the same school as their friends however this is not always possible. For some children and their parents/carers this will be an exciting time but for others getting exam results can be a very stressful and emotional event. Anxiety, self-doubt, panic, and fear about the future are just some of the feelings that children and their parents/carers may go through in the as they await the results.

Stress is a natural thing but worrying about what the results may or may not be will not help and is not good for you. If you as a parent are feeling stressed or anxious about your child's exam results then talk to a partner, friend, or family member and if you feel that your child is overwhelmed then encourage them to talk to you or someone else, they trust such as a family member or their teacher. Sharing your problems can often make them seem less huge. It's important to make sure everyone gets enough sleep in the run up to results day as this is the best way to prevent emotions boiling over due to tiredness. Keeping to the normal routine also helps things remain low key but suggest ways to take minds off results day such as going out for a walk, play dates with friends or family trips or lunch.

If the results are not as you had planned for be mindful that your child might feel concerned that they have let you down or that they will have to attend a different school than their friend and they may become very anxious about making new friends and going to a school that they may not have considered. One of the most important things to do is to let your child know that they have not let anyone down and that it is natural to be a little anxious about anything new. You can reduce their uneasiness by having plenty of discussions around their worries or excitement and try to always be very optimistic and reassuring no matter how big or small their issues or disappointment may appear.

Parents/carers should encourage their children along with themselves to look at what options are available re school choices that they now have. Which schools may provide certain activities or sports that may better suit an individual child's needs and parents/carers/carers should try to remain calm for their children and always promote the positive outcomes within the situation as much as possible.